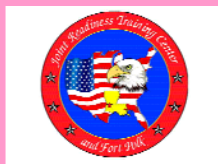


FRG Weekly Newsletter

January 10, 2007
Volume 1, Issue 29

Inside this Issue

- 1 Safety
- 2 Safety Cont.
AFTB
- 2 Useful phone numbers
School calendars
- 3 Upcoming Events
Theater tickets and
Transportation
- 4 Martin Luther King, Jr.
Tribute
- 5 AFAP form



Family Readiness Programs
(337) 531-6047
frg.manager@polk.army.mil

Drinking: The Danger Zone

PART 2

What should I look for?

Bacchus and Gamma, a college peer alcohol education network, says the following symptoms are among those that signal a medical emergency. Call an ambulance if you see any one of the following:

- The person is unconscious and can't be awakened by pinching, prodding, or shouting.
- The skin is cold, clammy, pale, or bluish or purplish in color, all signs of insufficient oxygen.
- Slow or labored breathing, especially fewer than eight breaths a minute or more than ten seconds between breaths.
- Vomiting without waking up.

Isn't alcohol poisoning pretty rare?

Only a few cases of alcohol poisoning make national headlines - usually ones involving fraternity parties or initiations. But U.S. vital statistics show that more than 20,000 people a year die from alcohol induced causes. That figure **does not** include people killed in alcohol-related auto accidents or those who die of cirrhosis and other liver ailments.

What drugs can cause bad reactions with alcohol?

Lots of legal and illegal drugs, from antidepressants to aspirin, can act in combination with alcohol.

Among the most dangerous are narcotic painkillers (including cough syrup with codeine, Tylenol® with codeine, Percodan®), and drugs classified as sedative-hypnotics (including barbiturates).

That's 1.25 oz of hard liquor (Scotch, vodka, rum, gin) - a single shot, not a double; or a 12-oz bottle of domestic beer; or 5.5 oz of table wine (about two-thirds of a cup). Each of these contains about the same amount of ethanol, the kind of alcohol that's found in liquor.

Although people think they "don't get as drunk" on beer or wine as on hard liquor, each of these drinks has the same physiological effect on the body.

The "one drink per hour" rule of thumb won't necessarily keep you below the legal definition of intoxication (in many states, .08 percent blood alcohol level, or BAL), but potentially fatal alcohol poisoning generally occurs at substantially higher levels than this.

Alcohol poisoning most often occurs when someone drinks relatively rapidly, often because of a drinking game, drinking contest, 21 shots for a 21st birthday celebration, "forced" drinking of large quantities (at a fraternity

initiation, for instance), or
"drinking to get drunk."

A woman weighing around 100 pounds can easily reach danger level with maybe half a dozen drinks in an hour, seven or eight over the course of two hours, and considerably less if she's taken a medication that reacts with alcohol.

Army Family Team Building (AFTB) Training

Dates

AFTB Level 1	16/17 Jan
AFTB Level 1 Super Saturday	20 Jan
AFTB Instructor Training	22 Jan

For more information or to register call 531-6269

Useful Phone Numbers

(All numbers are 337 area code unless otherwise stated)

1 st CSB (ME) (P) Staff Duty	531-2157
4IBCT 10 th MTN Staff Duty	531-0517
Army Emergency Relief	531-1957
(after hours 800-241-1071)	
American Red Cross	531-1929
(after hours 877-272-7337)	
Army Community Service	531-1948
BJACH Information	531-3118
CDC Registration	531-1955
Commissary	531-4053
Family Life Chaplain	531-6816
Family Life Consultant	531-1938
Family Readiness Center	531-9426
Military One Source	800-342-9647
Military Police	531-2677
Picerne	537-5000
Post Information	531-2911
PX	531-1001
Public Affairs Office	531-2714
RCI	537-6000
Sexual Assault Response	531-1848
Tax Center	531-2112
Victim Advocacy Program	531-6333
WIC	238-1203

Vernon Parish Schools

- End of 3d Six-week Term 12 Jan
 - End of 2d Nine-week Term 12 Jan
 - Holiday - Martin Luther King Day 15 Jan
 - GEE Seniors Only Retest 12-16 Feb
 - Holiday - President's Day 19 Feb
 - State-wide Testing 19-23 Mar
- (LEAP, ILEAP, GEE)

Beauregard Parish Schools

- Holiday - Martin Luther King Day 15 Jan
 - Report Cards Issued 18 Jan
 - Progress Reports Issued 13 Feb
 - Holiday - Presidents Day 19 Feb
 - Holiday - Mardi Gras 20 Feb
 - State-wide Testing 19-23 Mar
- (LEAP, ILEAP, GEE)

Theater Tickets and Transportation

Saturday, January 27

Some Enchanted Evening
Dinner at private Southern Trace Country Club

Wednesday, January 31

Joseph & the Amazing Technicolor Dreamcoat
Dinner at Blue Dog Café

Friday, February 16

Blue Man Group
Bossier City

Saturday, February 24

HATS! A new musical about fun & fellowship as women reach the big 5-0.
New Orleans

Tuesday, February 27

Vatican Mosaic Exhibition
Lunch at LaCote Brasserie, New Orleans

Tuesday, April 10 & Wednesday, April 11

See one of 2 great shows - Wicked, the musical OR
Cirque du Soleil "Corteo"

Thursday, April 26 - Tuesday, May 1

Philadelphia, Amish Country & King Tut exhibit

The following motorcoach trips require the purchase of theatre tickets so the sooner you make your reservation the better seats you will get.

Pick up locations in Leesville McDonalds and Entrance Road McDonalds.

Please contact below for reservations and prices and don't forget to ask about military discounts.

Cenla Travel
244 Belleauwood Boulevard
P O Box 13241
Alexandria LA 71315
Telephone: 318.443.9038

Upcoming Events

13 Jan

3 pm, 50M Pool

Raft Night

For more information 531-1988

14 Jan

Stars and Strikes Bowling Center

11 am, Color Pin Bowling

6 pm, Cosmic Bowling

For more information 531-6273

14 Jan

12 & 3 pm, Sports America

NFL Football

For more information 531-7404

15 Jan

Martin Luther King, Jr. Holiday

16 Jan

6:30 pm, ESC Cabin

White Elephant Auction

For more information 537-0711

16 Jan

Siegfried Youth Center

6:15 pm, Chart Your Course

For more information

parent2parent@hotmail.com

18 Jan

9 am, Allen Library

Public Storytime

For more information 531-2665

18 Jan

9 am, Allen Library

Building Block of Literacy

For more information

parent2parent@hotmail.com

18 Jan

ACS

3 pm, Infant Massage

6 pm, PAIRS

For more information 531-1938

19 Jan

6 pm, 50M Pool

Movie Night

For more information 531-1988

Army Family Action Plan Conference

The JRTC and Fort Polk conducts its Army Family Action Plan (AFAP) Conference 30-31 Jan 2007 to identify issues of concern regarding Soldier readiness and Soldier/family retention.

The purpose of AFAP is to improve family programs, benefits, and entitlements for America's Army (active duty, Reserve Components, retirees, DA civilians, and family members).

Family members are invited to participate in this wonderful forum as a way of having their voices heard.

Drop boxes are located throughout the Installation to put you comments, questions, and suggestions.

For more information or to sign up please call 531-9421. Please let a message on the recording if you don't get an answer. Your call will be returned in a timely manner.

See form below for your convenience.

JRTC AND FORT POLK ARMY FAMILY ACTION PLAN (AFAP)

CONFERENCE ISSUE PAPER

ISSUE TITLE: _____

SCOPE: _____

RECOMMENDATION:

NAME: _____ TELEPHONE NUMBER: _____

(Please note that your name WILL remain confidential. It is needed for possible issue clarification ONLY.)

SPONSOR'S UNIT: _____

ISSUES WITHOUT A NAME, UNIT AND TELEPHONE NUMBER WILL NOT BE CONSIDERED.

ISSUE TITLE: WHAT IS THE PROBLEM?

SCOPE: WHY IS IT A PROBLEM?

RECOMMENDATION(S): SUGGESTIONS ON HOW TO FIX THE PROBLEM – NO MORE THAN 3 RECOMMENDATIONS.

ISSUE SHEETS MUST BE TURNED INTO FAMILY READINESS CENTER, BUILDING 924, MISSISSIPPI AVENUE, OR FORT POLK WEB SITE <http://www.jrtc-polk.army.mil> an click on ARMY FAMILY ACTION PLAN

Print this page and fill out this portion and drop off at PX, Commissary, CDC, ACS, FRC, Library or BJACH or email your issue to afap@polk.army.mil with all information on this form.